

# Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020

www.FrederickCountyMD.gov/aging

## July Program Highlights

### July 4<sup>th</sup> Luncheon

Celebrate Independence Day with us! Menu includes cheeseburger, baked beans, pepper slaw, watermelon, and apple pie.

**Date:** Thursday, July 2

Sign-up by Monday, June 29

**Time:** Noon

**Cost:** \$4.68 (Regular meal cost)

### The Inside Scoop: Education & Ice Cream Summer Salads

Learn some new summer salad recipes! Guest Chef Kitty Devilbiss will help us prepare a supper of summer salads.

**Date:** Tuesday, July 21

**Time:** 5:30 p.m. **Cost:** Free

### Chinese Mah Jong

The leisure game of Chinese Mah Jong will exercise your brain. Beginners welcome!

**Date:** Tuesdays

**Time:** 1:00 p.m. **Cost:** Free

### Tuesday Night Pizza & Games

Enjoy an evening of games! We play for fun and bragging rights! Join us for pizza before the fun and games begin.

**Date:** 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> Tuesdays

**Time/Cost:** Pizza 5:30 p.m. \$5 per person  
Games 6:30 p.m. Free

### Stitching Post

Come to knit, crochet, or just talk. Members of this informal group help each other with projects, patterns, and learning new skills.

**Date/Time:** Mondays 10:00 a.m. Free

**Date/Time:** Tuesdays 1:00 p.m. Free

### Picnic - Brunswick

The Brunswick Senior Center is hosting a picnic for all the Frederick County Senior Centers. Picnic lunch: hotdog, potato salad, coleslaw, fresh melon, cookie, ice cream cones Food! Fun! Friends!

**Date:** Thursday, July 23

Sign-up by Thursday, July 17

**Time:** 11:00 a.m.-1:30 p.m.

**Place:** Brunswick City Park Building

**Cost:** \$5.00 (suggested lunch contribution)

### Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "How can I talk to my doctor so we both understand; an explanation of doctors' pet peeves with patients and how to have a conversation about your health care."

**Date:** Thursday, July 9

Sign-up by Tuesday, July 7

**Time:** Noon

**Cost:** \$4.68 (Regular meal cost)

### Book Club

Do you like to read? Join our book club.

**Date:** First Monday of every month

**Time:** 1:30 p.m. **Cost:** Free

